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SAEID Why can't I afford a home?

JERILYNN This election is for Mother Earth.

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- AND MORE, PG. 8

PLUS Rosemary Westwood travels the country meeting voters **FIRST UP:** Saeid Fard in Vancouver

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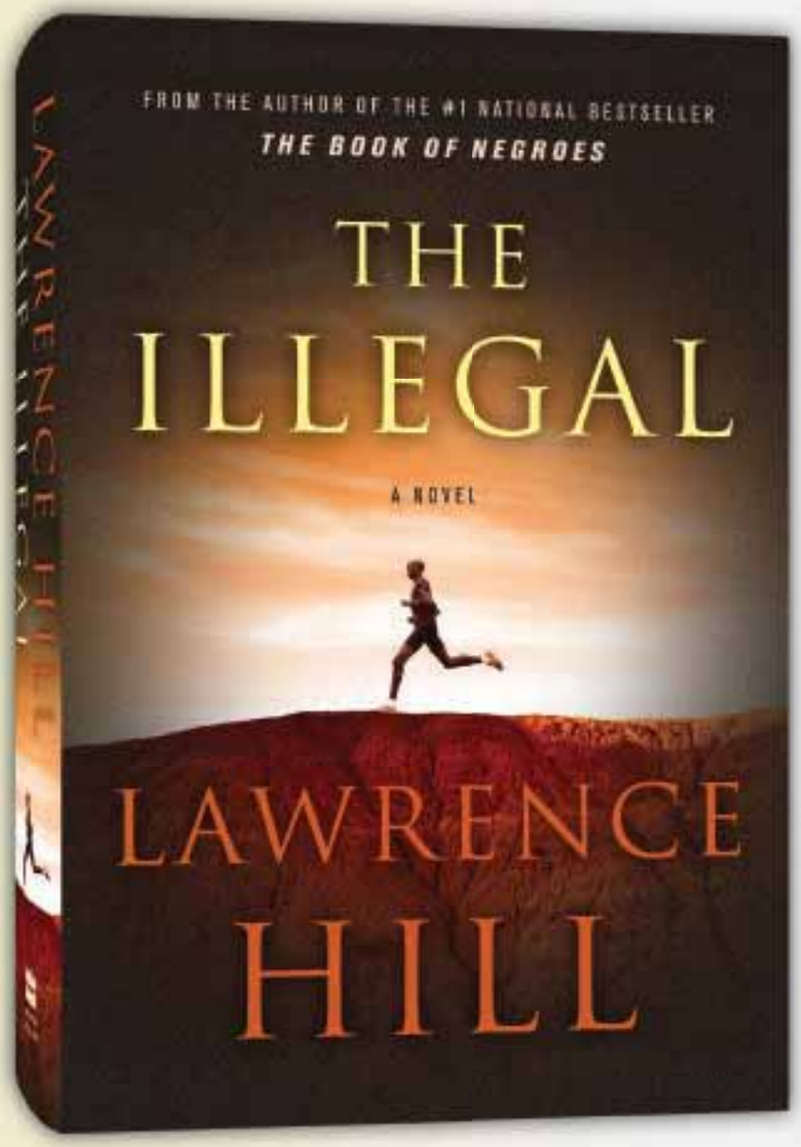

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Your essential daily news

Retirement party honours Halifax mouser. **Canada**

Daycare takes kids outside

EDUCATION

Program aims to connect young children with nature

Shane Gibson
Metro | Winnipeg

A new program at a Winnipeg daycare is taking preschool aged kids into the great outdoors in hopes connecting with nature will foster a lifelong appreciation for the environment.

Field and Forest Nature School is a nature-based education program started in Europe that has been growing in popularity in North America for the last decade, and Discovery Children's Centre says it's the first in Manitoba to offer it.

"We've become a very indoor culture," said Discovery's executive director Ron Blatz. "The typical Canadian child is spending five per cent of their day in the daycare centre system outside, and 95 per cent inside.

"Other countries with similar climates are outside two-and-half times more than we are… we've got to do better."

The program, for up to 18 children at a time, is run Monday, Wednesday, and Fridays and sees four-year-old kids spend two-and-half hours exploring the outdoors twice a week at Discovery's Adventure Playground on their property at 367 Hampton St. and once a week in the forest at Living Prairie Museum.

"It's not just about playing outdoors, children are learning about themselves and the world around them. It's a process that is freely chosen, personally directed, and intrinsically motivated," explained Kim Crockett, an early childhood educator at Discovery who runs the program after receiving training last year.

Discovery Children's Centre early childhood educator Kim Crockett stands at the daycare and Nursery School's 'Adventure Playground' where she leads the new Field and Forrest Nature School. DONNA MAXWELL/FOR METRO

> **Other countries with similar climates are outside two-and-half times more than we are… we've got to do better**
> Ron Blatz

"So if they happen to find a worm while they're digging we wait in the back and see what they're going to do next. If they're showing real keen interest then we'll ask them how the worm feels or where they think the worm's going or what they think worms eat."

The program runs from mid-September to the middle of June, and Crockett tells Metro the kids will stay outdoors till temperatures drop to -25 C (wearing proper winter wear of course) and the daycare will have a fire pit set up for extra warmth.

The Field and Forest Nature School is open to all four-year-olds. Kids don't have to be enrolled at the daycare to take part. Costs are subsidized by the provincial government, meaning the maximum fee for parents is $5 a day.

ABDUCTION

Pair found safe after mother takes son

Winnipeg police say a mother and son who disappeared on Saturday have been found safe in Manitoba.

Police issued a Canada-wide arrest warrant for a Charlotte McMahon, 35, after she and her son Tristan, 12, disappeared Saturday morning from a St. James home.

Tristan was visiting his mother and grandmother on a supervised visit.

Family told media personal belongings were packed up, along with pets. The pair vanished in the middle of the night while Tristan's grandmother was sleeping, they added.

Const. Eric Hofley said Sunday they believe Tristan was abducted and that the pair left in the family's black Kia Forte.

"Even though she is his mother… at the end of the day, she has abducted him, she has taken him away from his family.

"There's certainly been no indication she was forced to do this."

Police have not said if charges were immediately laid against Charlotte McMahon, but said they would have more information on Monday. ELISHA DACEY/METRO

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MUSIC

The Who Turns 50 Tour postponed

There's a slight glitch in The Who Turns 50 Tour in that it'll actually take place in Winnipeg when the band turns 51.

The tour was postponed Friday due to singer Roger Daltry's viral meningitis.

The band's Winnipeg show, set for Oct. 8 at MTS Centre, along with the rest of the tour, has been cancelled.

"We are very sorry to disappoint our fans in this way. For the last four weeks, I have been in and out of the hospital and have been diagnosed with viral Meningitis," Daltry said in a press release.

"I am now on the mend and feeling a lot better but I am going to need a considerable time to recover. The doctors tell me I will make a complete recovery, but that I should not do any touring this year."

"We are very sorry to disappoint our fans in this way.
Roger Daltry

The Who originally cancelled just four shows when doctors couldn't determine what was ailing the singer. When the diagnosis of viral meningitis was reached, Daltry was told he had to rest.

Who guitarist Pete Townsend said the band will reschedule the cancelled dates for spring 2016.

Tickets for the original dates will be honoured at the 2016 shows. METRO

FIRE FORMER BLUE BOMBER LOSES EVERYTHING A basement suite belonging to former Winnipeg Blue Bomber Kelly Butler at 508 McMillan Ave. has been completely destroyed after a fire broke out Saturday morning. While damage to the rest of the building was minimal, Butler said he lost everything. SHANNON VANRAES/FOR METRO

Cpl. J.P. Gervais with Canadian Forces 17 Wing Logistics and Engineering, leads the charge for the military crew that participated in Friday's 50th United Way Kickoff and Plane Pull at Red River College's Stevenson Campus. A record 64 teams of 20 people competed for the fastest time pulling a jetliner — and for the first time a C-130 Hercules, donated for the day by 17 Wing. DONNA MAXWELL/FOR METRO

United Way pulling to raise extra $1M

CHARITY

We want our programs to reach more people: Chair

A record sixty-four teams were out pulling for United Way and the organization hopes that helps their fundraising dollars for this year soar to more than $21 million.

United Way held its 12th annual plane pull at Red River College's Stevenson Campus Friday and used the occasion to announce its fundraising goal for this year is to add $1 million to last year's record setting total of $20.2 million.

"What if our goal this year was to provide more help to 17,000 people and families looking for opportunities to build a better life?" said 2015 campaign chair Kevin Shepherd. "We want to enhance programs that are working and we want those programs to reach more people."

Shepherd said last year United Way helped more than 25,000 people and families in Winnipeg. METRO

ARTSFEST

THE UNIVERSITY OF WINNIPEG

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ArtsFest runs in conjunction with the national Culture Days and UWinnipeg's annual Homecoming. Selections from The University of Winnipeg's rich arts and cultural heritage collection will be on display at the third annual UWinnipeg Artsfest.

The Brainery Bash, Winnipeg's Nuit Blanche party, will take place on the front lawn Saturday, September 26th, from 9:00-11:00 pm, featuring Atlaas and music by the MCMA, student films, beeswax, stencil and blowtorch art, shadow theatre, and Wesley Hall lit up like you have never seen it before!

UWINNIPEG.CA/ARTSFEST

Summit attendees discuss their experiences of racism

MUSEUM FOR HUMAN RIGHTS

Mayor hoping talks yield tangible results

A two-day conference cannot put an end to racism in Winnipeg and may not undo the accusation that it is the most racist city in Canada, says Mayor Brian Bowman.

But it is a starting point to help make the city a more inclusive place, he said in his closing remarks. "This is a long-haul journey that we're on here. I think that's been really impressed upon me," he said.

"One of the big takeaways for me is a reaffirmation of how much people give a damn. You're all here. You've been sitting here all day ... that really does embolden us to continue down the path we're on."

Bowman organized the Mayor's National Summit on Racial Inclusion after Maclean's magazine labelled Winnipeg the most racist city in Canada in a cover story earlier this year.

Marta Kalita, from Manitoba's Interfaith Immigration Council, speaks to the crowd during Friday's conference at the Canadian Museum for Human Rights. DONNA MAXWELL/FOR METRO

The meeting, held in the Canadian Museum For Human Rights and featuring speakers from mostly local non-profit groups Friday, heard from people who have experienced racism.

An indigenous panellist — movie producer Lisa Meeches — said her young son was called a "stupid Indian" by classmates. A Muslim woman in the audience said people look at her like she is an alien because of her hijab. There were stories of discrimination on the job. A common theme among those in the audience was that attitudes among non-aboriginals must change and relationships must be rebuilt. "We've been 'civilized' to death," Darcy Linklater said.

"To me, true reconciliation is to take back what we lost, what was taken away from us, including our land, our language, our culture, our spiritual sovereignty, our economic sovereignty."

Keith Neuman, an executive with public opinion research group Environics, said there is no empirical evidence that Winnipeg is the racism capital of Canada. He said attitudes are changing.

"The research that we've done with the general public demonstrates that a significant and growing majority of Canadians recognize there is racism and discrimination, particularly against Muslims and aboriginals, and this view has strengthened over the last 10 years," Neuman said.

Bowman said he will issue a report in January on steps being taken in the wake of the conference. Another meeting will likely be held soon. "This is a journey, but we're in it together." THE CANADIAN PRESS

IN BRIEF

Skywalk set to reopen

The city says the skywalk between the Delta Hotel and the RBC Winnipeg Convention Centre will reopen this week. It said repairs to the skywalk, including interim shoring supports, have been completed.

However the skywalk will only remain open during business hours as full repairs continue over the next several months. METRO

Manitobans the most generous Slurpee buyers

Manitoba has long been the Slurpee capital of Canada, and now 7-Eleven says we're also the country's "by far" most generous buyers.

The chain says Manitobans donated the most money to the national Slurpee Name Your Price Day fundraiser. The campaign saw stores ask customers what they wanted to pay for a large Slurpee, with all proceeds going to Food Banks Canada.

Across the country $109,000 was brought in, which 7-Eleven says will provide 330,000 meals. METRO

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TERRY FOX RUN

Meeting Rolly Fox as special as hoped

WHAT'S GOOD

Ace Burpee

Yesterday was the 35th Terry Fox Run, and it was just incredible. It was our biggest in years, and this year was extra-special.

Terry's dad Rolly Fox attended (who is from Winnipeg, by the way). I've always wanted to meet him, and he delivered big time. He was gracious, kind, hilarious, and genuinely ecstatic about the show of support for his son, 35 years after his passing.

Basically, I wanted meeting Rolly Fox to be special, and it was.

Yesterday will go into my Top 5 of "People I want to be awesome in real life if I ever meet them" moments.

Just like Richard Branson. That dude is the real deal. Hang out with RB for a day and a half and you see that even though everyone wants a piece of his time, money, a photo, etc., he's just chill the entire time. He looks everyone in the eye, talks to them like they're the only person in the room, and actually listens.

He was gracious, kind, hilarious, and genuinely ecstatic about the show of support.

Also, he and I were the last of our group to leave the King's Head and the first two to arrive at a function the next morning at 5:45 a.m., so he's my kind of guy.

Clara Hughes is for sure on the short list as well. She's the same beautiful person when nobody is there to see it, as she is when the mic is on and cameras are rolling. She's genuinely genuine and totally open and honest. For one of the toughest people in history, few can makes others feel valued the way she does. Amazing woman.

A huge thank you to everyone who came out to the Terry Fox Run yesterday, and Rolly for being Rolly. Best.

Ace Burpee is a local writer, radio show host, producer and supporter of all things good.

Chilly Mars patch named after home-cold-home

SPACE EXPLORATION

There are now at least two Winnipegs in our galaxy

From now on when someone says it's as cold as Winnipeg, you may have to ask them to be more specific.

Winnipeg, Manitoba? Or Winnipeg, Mars?

A team of NASA scientists who are working with the Curiosity rover as it scans the red planet have named a small patch of rock "Winnipeg."

"It's been looking for water, essentially, evidence of past life and things like that. So Winnipeg is one of those spots along that scientific journey," Scott Young, an astronomer with the Manitoba Museum, said Friday.

The news was part of an online update of the Curiosity mission earlier this week. It said Winnipeg is a "target" in a ridge called the Murray formation. The area contains three targets, which are small areas which the rover examines in detail and then beams the information for analysis back on earth.

Young suspects the naming of target Winnipeg is a result of news stories several years ago that compared a particularly cold stretch of a Winnipeg winter with weather reports from the surface of Mars. It turned out Winnipeg was colder.

He said there are scientists from Winnipeg who've gone on to work for NASA who may remember fondly — or shiver — at their memories of the city's famously cold winters.

Curiosity has been taking pictures of the targets, then blasting bits of rock with a laser and noting the colour of the vapour to determine their composition. It's also looking at whether the layers of rocks and grains appear sedimentary, which would indicate water, or are wind-blown.

"You sort of take some close-up pictures. Then you drill into the rock. Then you stick your magnifying glass in there and look up close to see what you've uncovered. That's pretty much what they did to the area called Winnipeg," Young said.

"Of course that's where we hope they'll find some big discovery. But we'll have to see what happens."

He said the best clue would be to find some kind of fossil.

While Winnipeg, Mars, may actually be warmer some mornings than its Manitoba namesake, Young said that doesn't mean a Winnipegger would feel at home there.

Blood would boil on the Red Planet due to a lack of atmospheric pressure. HANDOUT

For starters, he said those Winnipeg-like temperatures on Mars only exist a few centimetres above the soil surface. Above that, the atmosphere is so thin that it gets much colder very quickly.

"You wouldn't be able to breathe, there's not enough pressure so your blood would begin to boil. It would be a pretty nasty experience to be out on the surface of Mars," Young said.

"We can survive Winnipeg winters with proper dress. But that's just not possible on Mars, alas." THE CANADIAN PRESS

CITY IMPROVEMENT

IDEAS THAT KNOW HOW TO HAVE A GOOD TIME

What do you do with hundreds of white chairs when your contest is over? Play musical chairs, of course. Chair Your Idea wrapped up Saturday with 600 chairs with ideas on them to improve Winnipeg, and the winning idea came from Haeyoung Kwon: "Hold a contest for kids to design art and poetry on environment theme — print winners on buses. Good messages to encourage youth ridership." Kwon's idea will be implemented.

SHANNON VANRAES/FOR METRO

Greens play a legal game

ELECTION 2015

Party files CRA complaint in bid to get May at Munk table

The federal Greens have filed a complaint with the Canada Revenue Agency in a last-minute bid to use the law to get their leader into an election debate later this month.

The Munk debate takes place one week from Monday and yet again Elizabeth May won't be on the stage with Stephen Harper, Tom Mulcair and Justin Trudeau.

To get her on the panel with the other leaders, the party has filed a complaint with the CRA saying the debate format violates the agency's policies that put limits on the political activities of charities.

The Aurea Foundation, a registered charity with the CRA, is helping fund the Munk debate on foreign policy.

The Greens argue that excluding May from the debate has put the foundation in violation of the Income Tax Act.

The Green Party is trying to secure its leader, Elizabeth May, a seat at the Munk Debate. CHAD HIPOLITO/THE CANADIAN PRESS

The law says it's illegal for a charity to directly or indirectly support or oppose a political party and are calling on the CRA to conduct an immediate audit of the charity's activities.

The party says it will withdraw the complaint if May is invited to the debate.

Munk debate organizers, the Aurea Foundation and the CRA could not be reached for comment Sunday.

In the letter sent to the CRA, party executive Emily McMillan writes that May was excluded from the debate because organizers only wanted to have the leaders of parties recognized as such under the Parliament of Canada Act.

With only two seats in the Commons, the Greens don't have party status. But McMillan argues there is nothing in the Parliament of Canada Act to limit the meaning of "political party" that would "justify the exclusion of Ms. May from the debate."

"The effect of not including Ms. May is to diminish the standing of the Green Party of Canada in the mind of the electorate, which amounts to an indirect opposition to the Green party," she wrote.

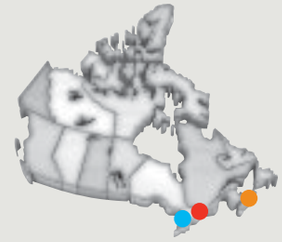
"The way that the Aurea Foundation is organizing the debate constitutes, we submit, support for the political parties whose leaders are being permitted to participate in the debate."

Similar letters signed by a party lawyer were delivered to the venue, Roy Thomson Hall in Toronto, the broadcaster, CPAC, and Munk debate organizers, the Greens said.

May was not invited to take part in a debate on the economy last Thursday organized by The Globe and Mail. Instead, she tweeted her responses and delivered her own zingers to an online audience via Twitter.

THE CANADIAN PRESS

WHERE THE LEADERS ARE MONDAY



- **Stephen Harper** will be in St. Jacobs, Ont.
- **Justin Trudeau** will be in Toronto and Ottawa.
- **Tom Mulcair** will be on the East Coast: in Charlottetown and Dartmouth, N.S.

Elizabeth May's itinerary was unavailable.

HALIFAX

End of watch for Erik

A retirement party like no other was held at the Maritime Museum of the Atlantic in Halifax on Sunday for one beloved, furry crew member, Erik the Red.

The little orange cat has been an RCO, or Rodent Control Officer, on the CSS Acadia at the museum since wandering onto the ship in 1999.

His job description is what you might expect: "dispatching of rodentia" below deck, according to Stephen Read, the Acadia's ship-keeper.

"Occasionally ... he would leave a little bit of the choice bits (of his kill) in the bottom of a shoe just to say 'thanks for looking out for me,'" said Read.

Read and Erik — who had cancer in his left eye and had to have it removed — have been shipmates since 1999. Erik will soon find new quarters with Read.

The harshness of spending winters aboard the ship, as well as Erik's age mean he must retire.

"Erik, like myself, was fine with it when he was a younger man," said Read.

HEIDE PEARSON/FOR METRO

POLITICS

Left-wing wins in Greek vote

Jubilant supporters of Alexis Tsipras' left-wing Syriza party cheered, waved party flags and danced Sunday after the party comfortably won Greece's third national vote this year despite a rebellion within his party over his acceptance of a painful third international bailout.

With 44 per cent of the vote counted, Syriza stood at 35.5 per cent, with the conservative New Democracy at 28 per cent while the Nazi-inspired Golden Dawn was coming in third with 7.1 per cent, followed closely by the once-mighty socialist PASOK party with 6.3 per cent. Abstention was high, at nearly 45 per cent in an election-weary country with a traditionally high voter turnout.

Although Syriza was projected as falling short of an absolute majority in the 300-member parliament, Tsipras was expected to form a coalition government with relative ease. His former coalition partner, the small nationalist Independent Greeks, was set to win just above the 3 per cent threshold to enter parliament, while centrist parties have indicated they would agree to a coalition to ensure repeat elections aren't necessary.

Alexis Tsipras, leader of Greece's left-wing Syriza party.
LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

New Democracy head Vangelis Meimarakis conceded defeat and called for a government to be formed quickly.

"The election result appears to be forming comprehensively with Syriza and Mr. Tsipras coming first," Meimarakis said. "I congratulate him and call on him to form the government that is necessary, and bring the (proposal) to parliament."

A total of eight parties appeared set to win parliamentary seats. The new anti-bailout Popular Unity party, formed by rebel Syriza members who objected to Tsipras' agreement to a third bailout for Greece, was projected to fall just shy of the 3 per cent parliamentary threshold.

A tired-looking Tsipras was hugged by party supporters as he arrived at Syriza headquarters, waving to the crowd gathered outside.

THE ASSOCIATED PRESS

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READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

'I don't know what Canada stands for anymore'

ROSEMARY WESTWOOD
in Vancouver

Probably the only thing hotter than Vancouver's housing market is the ire of those it's burned.

They made headlines all summer long: the exodus of young professionals to other cities; the #donthave1million campaigners; the agitators of Generation Squeeze.

But Vancouverite Saeid Fard is "not super hopeful" that the four people campaigning to be the next prime minister care. As election issues go, housing affordability is hardly even on the periphery.

Fard, a 29-year-old president of a tech company, is an accidental activist. Just six months ago, he penned a blog post on the exorbitant cost of homes in Vancouver, the impact of foreign ownership, "the erosion of communities and the long-term viability of Vancouver's economy."

He'd just been to a few open houses, hoping to buy a detached home. He came back incredulous, and worried. "If I can't afford to enter this market reasonably, who can? I'm doing pretty well."

The post racked up 180,000 views in a few weeks. He wrote a follow-up column for the Globe and Mail. Fard "struck a nerve" with the young and middle class, but garnered little election traction.

Fard is unimpressed both by Stephen Harper's pledge to gather data on foreign ownership (why not just do it now?) and the NDP's housing strategy (it's focused on the lower income rental housing, not the buying power of the middle class).

The problem for politicians is that in order to bring house prices down, homeowners will need to lose equity. For all Fard's passionate call to action, he still calls that "political suicide."

Since no party is meeting his housing needs, Fard is falling back on secondary concerns to cast his vote: namely, climate change and taxation.

For someone who believes in traditional conservative principles, he's leaning towards an unlikely party.

He likes their carbon-tax proposal, and finds their economic policy similar to the Conservatives. He's not sure if that's a so-called wasted vote in his riding, but he might not care.

The current government's economic policy is short-sighted, he said — too focused on big business, rich people and resource industries, not focused enough on building a diversified economy and a strong tech sector.

The Conservatives rhetoric also misses the mark.

"All this ISIS and terrorism business. It just screams pandering and populism and preying on fear," Fard says.

Fard thinks Canada has fallen from a role as a global leader on human rights, the environment and peacekeeping. "I don't know what Canada stands for anymore," he says.

Rosemary Westwood is travelling across the country talking to young voters. Tomorrow: Jerilynn Webster in Vancouver.

VOTER PROFILE

Name: Saeid Fard **Age:** 29 **Riding:** Vancouver Quadra
His issues: Housing affordability, climate change, taxation

Young voters waiting to be found

STUDY

Millennials seeing limited exposure to ads, pollsters

Luke Simcoe
Metro | Toronto

Emily Jackson
Metro | Vancouver

Federal politicians are not good at making contact with young people. We know this.

A recent study by Samara Research found that while 75 per cent of Canadians over the age of 56 recalled being contacted by a federal leader, MP or candidate in the past year, only 55 per cent of those between 18 and 29 could say the same.

Vancouver-based nutritionist Mandy King is one millennial who hasn't heard from a politician this election period. Not a single candidate has come into her building to knock on her door or deliver flyers, so her exposure to political advertising has been limited to lawn signs.

"I don't feel like I'm their target market at all," she said. "I feel very confused about who I'm going to vote for."

Urban planner Mitchell Reardon, 30, shares her frustration. He too lives in an apartment without a landline or a TV. The only person who's knocked on his door so far was with advocacy group Leadnow to inform him he was in a swing riding.

"I haven't even heard from a pollster," Reardon said. "I get a sense that most of the parties haven't been particularly interested in trying to reach us."

The politicians themselves point out that there are practical challenges to keeping track of young would-be voters, many of whom live in downtown ridings: They often don't have landlines, and are therefore all but invisible to pollsters. They tend to move a lot. Some are students without permanent addresses who forward their mail to Mom and Dad's house.

Liberal candidate Adam Vaughan likes to refer to his Toronto riding of Spadina-Fort York, which is chock full of condo towers, as "the tallest riding in Canada." He says campaigning in such a dense, urban riding can be challenging.

As a result, Vaughan tries to "meet voters where they are." In a riding where fewer constituents own cars, that means canvassing in front of public transit stations or on street corners next to bicycle lanes.

Vaughan even knows the average condo in the riding has seven dogs per floor, so he spends a lot of time in dog parks.

Nearby, former MuchMusic VJ Jennifer Hollett is running for the NDP in University-Rosedale. As its name implies, the riding contains the University of Toronto, and much of Hollett's time has been spent signing up new voters who just arrived in the area.

Hollett is also one of the more active candidates on social media.

"It was my 40th birthday the other day, and in amongst all the birthday greetings on Facebook there was someone asking for a lawn sign," she said.

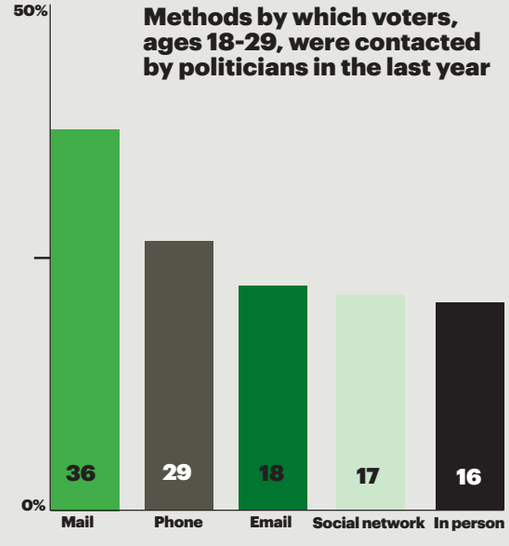
NDP candidate Olivia Chow talks to a woman outside a public transit station in Toronto on Sept. 18. STEVEN GOETZ/METRO

"I get a sense that most of the parties haven't been particularly interested in trying to reach us."
Mitchell Reardon, 30, downtown Vancouver resident

BY THE NUMBERS

Absent from the doorstep

According to a recent report by Samara Research, of the 55 per cent of Canadians between the ages of 18 and 29 who reported having been contacted by a federal politician in the last year, only 16 were contacted in person, which research has shown is the most effective method of increasing voter participation.



Apps populate the face of an Apple smartphone. EVAN VUCCI/THE ASSOCIATED PRESS FILE

Ad blockers hit money model

INTERNET

Chart-topping iPhone app pulled after just over a day

A top iPhone ad-blocking application was pulled from the App Store on Friday by its creator, amid a surge in interest in new programs to thwart marketing messages.

Programmer Marco Arment removed the Peace app after it spent more than a day as the most downloaded paid application at Apple's online shop.

"Achieving this much success with Peace just doesn't feel good, which I didn't anticipate," Arment said in a post at Marco.org.

The $2.99 app jumped to the top of the charts after the Wednesday release of updated iOS 9 Apple mobile operating software that allows the use of programs blocking ads from popping up while visiting websites using Safari web browser.

While blocking ads promised to make surfing the Internet from iPhones or iPads faster and rein in telecom data use, it also sabotages what has long been the main way websites make money while providing free content or services.

"Of course, ads pay for properties on the Web," said independent analyst Rob Enderle, of Enderle Group.

"You are essentially fast-forwarding through the commercials the way people do with TV."

> **"You are essentially fast-forwarding through the commercials ..."**
> Rob Enderle

Skipping ads is not new, according to the analyst. Ad blockers have been options on desktop computers for some time, but the numbers of people who opt to turn them on have been low.

Meanwhile, mobile lifestyles involving smartphones or tablets have increasingly centred on using apps that sidestep web browsers all together.

Ad-blocking does not apply to apps, which are vetted by Apple before being allowed in the App Store and which come with the ability of Apple to share in revenue generated.

A study last month found that software that blocks online ads is expected to cost websites some $21.8 billion globally in 2015, and could rise further with the new iOS system, but some analysts questioned the methodology of the report.

A shift to blocking ads could have a silver lining, according to Enderle. Publishers who have been forced to put their content online for free while search engines make money off ads could see the rebirth of subscription models through paid apps.

AFP

WORKPLACE ISSUES

Medical pot tests employers

As medical marijuana gains traction as a treatment option for a host of conditions including chronic pain and other conditions, Canadian employers could find themselves grappling with a sticky issue.

"Individuals have the right to equal treatment … without discrimination on the grounds of disability," says Jan Robinson, managing principal at human resources firm Morneau Shepell. "Medical cannabis now needs to be viewed like every other doctor-prescribed drug."

But although employers have a duty to accommodate workers' medical conditions, experts say that duty must be balanced with the need to keep the workplace safe. That can be challenging, especially if employees perform duties such as operating machinery.

Experts says the duty to accommodate comes with an important caveat — it must not result in undue hardship for the employer. While there is no strict definition of what constitutes undue hardship, MacDonald says the courts will consider factors including how much financial difficulty the company would endure and whether it would compromise workplace safety.

THE CANADIAN PRESS

WINNIPEG MEETINGS

Share Your Ideas

Help us plan the next provincial budget

Finance Minister Greg Dewar is travelling across the province to listen to Manitobans' priorities for the next provincial budget. What do you think are the challenges and opportunities facing Manitoba families?

Make yourself heard

In-person – Please pre-register by calling the Minister of Finance's office in Winnipeg at 204-945-3952 or one of the phone numbers below.

Meeting date:	**Monday, September 28, 2015**
Community:	**Winnipeg South**
Location:	**Glenwood Community Centre** **27 Overton Street**
Time:	**7:00 p.m. – 8:30 p.m.**
RSVP	**204-237-8771**

Meeting date:	**Wednesday, September 30, 2015**
Community:	**Winnipeg West**
Location:	**Woodhaven Community Club** **200 Glendale Boulevard**
Time:	**7:00 p.m. – 8:30 p.m.**
RSVP	**204-832-2318**

Meeting date:	**Tuesday, October 6, 2015**
Community:	**Winnipeg North East**
Location:	**Valley Garden Community Centre** **218 Antrim Road**
Time:	**7:00 p.m. – 8:30 p.m.**
RSVP	**204-667-7244**

Meeting date:	**Wednesday, October 7, 2015**
Community:	**Winnipeg North West**
Location:	**Maples Collegiate, Commons Room** **1330 Jefferson Avenue**
Time:	**7:00 p.m. – 8:30 p.m.**
RSVP	**204-421-9414**

Online or Mail – You may also share your ideas with us by writing to the Minister of Finance c/o Budget Consultations at the following address: Room 103, Legislative Building, Winnipeg, Manitoba R3C 0V8 or visiting **manitoba.ca** and completing the Budget 2016 online survey.

Telephone Town Hall – There will be a telephone town hall meeting on Thursday, October 22 where you can share your views on this year's budget priorities and ask the minister questions. The telephone town hall will take place between 7:00 p.m. and 8:00 p.m. To register for this meeting, please visit **manitoba.ca** by Monday, October 19.

Manitoba

metro VIEWS

Tests showing popular flushable wipes don't disintegrate have researchers wondering if they're to blame for clogged sewer incidents, or if it's something else (like cooking grease).

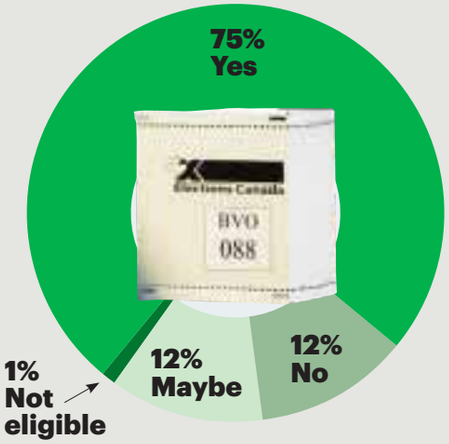
Metro MONDAY POLL

Not voting? Excuses, excuses

Visit metronews.ca every Friday to have your say.

In the 2011 federal election, 39 per cent of eligible Canadians did not cast a vote. According to Statistics Canada, the most common reasons given were "too busy" and "not interested." We asked our readers why they've neglected their civic duty (and if they might do it again this time around), and what issue is most likely to get them motivated to make it to the polls.

1 Will you cast a vote in the Oct. 19 federal election?



2 Please rank the issues most important to you in this federal election (this is the average rank).

1. Economy/jobs/taxes
2. Environment
3. Poverty and inequality
4. Health care
5. Infrastructure/transit
6. Seniors
7. Law and order
8. Education
9. Democratic reform
10. Global refugee crisis

3 If you're not voting (or you've failed to vote in the past), why?

31% I don't like any candidates or parties
8% I won't remember
8% I don't care
8% I will be out of town
8% I don't have the right ID
4% My vote won't count for anything
35% Other reason

"I'd like to be able to vote online."

"I like multiple candidates. I wish I could indicate who I do not want."

"Like most people, I don't really know anything about politics."

METRO READERS

Potty-mouth Pat Martin doesn't fit in with NDP

INSIDE THE PERIMETER

Shannon VanRaes

Pat Martin has become a liability for the NDP.

It should be obvious, given his tendencies towards profanity and over-sharing about his underwear, but that wasn't always the case.

When Martin entered the 1997 federal election as the New Democratic candidate for the riding of Winnipeg Centre, the NDP didn't even have official party status. Candidates were hard to find and those who agreed to run for Canada's third party were largely expected to lose. So why not run a salty-mouthed candidate who lived outside of the riding he hoped to represent? A candidate on the edge for a party on the fringes of federal politics — in 1997 it all made sense.

Because in all fairness, it's not Pat Martin that has changed, it's the political landscape.

Today the New Democrats aren't on the fringes. They are front and centre and they could form Canada's next government. If they're successful and Martin holds onto the Winnipeg Centre riding, he could even end up in cabinet.

And what then?

Tom Mulcair has pushed for respectful debate in the house and on the campaign trail. On the fourth anniversary of Jack Layton's death he committed to run a positive campaign, saying, "We'll leave the attacks to others."

Apparently Martin didn't get the message.

Last week I had the opportunity to moderate a debate at Portage Place Shopping Centre, put on by the Downtown Winnipeg Business Improvement Zone and sponsored by Metro Winnipeg. Martin made many points about the NDP's platform, but all the electorate is going to remember is that he repeatedly muttered "son of a b—" at Green Party Candidate Don Woodstock, who has also accused Martin of elbowing him in the ribs.

And while that pales in comparison to Martin's infamous "rat-faced wh-res" comment about the Tories, none of it melds with the image Mulcair is trying to cultivate or the type of parliamentary decorum he espouses.

It's hard to figure out why a man who is actually a skilled debater and orator would continually resort to crass, ineffective outbursts. Is it a total lack of self-control? Missing self-awareness? Or is he just a bully that gets a kick out of applying tired, misogynist terms to his adversaries?

If Martin's insistence on foul-mouthed tirades is an attempt forge connections with blue-collar constituents, as his previous remarks suggest, his rationale is an outdated, offensive nod to stale stereotypes. If Martin somehow believes those in the industrial arts are illiterate troglodytes who can't understand words with more than four letters, he doesn't understand his constituents.

Mulcair's NDP want to hang onto every seat it can come Oct. 19, but losing Winnipeg Centre could be a blessing in disguise. That way the party can move forward without constantly making apologies for a senior MP, and Martin can retire to Salt Spring Island where — as his opponent Robert-Falcon Ouellette points out — he does not live.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. She can be reached on Twitter @ShannonVanRaes.

metroview

Hate your opposing team, but not their fans. Be nice to them.

Jessica Smith Cross
Metro | Toronto

It's easy to hate the Yankees.

I hate them for breaking my heart at the Rogers Centre more times than I can count. And for the outrageous salaries the team can afford to pay. And for A-Rod. And those pinstripes. And A-Rod. I hate Yankees exceptionalism and how the team dominates baseball lore and the Baseball Hall of Fame. I hate how cool a Yankees cap looks on Beyoncé because, as a Jays fan, I can never wear one. They've been the archetypical enemy, the black (ahem, navy blue) hats, the bad guys of the baseball movie playing out in my brain since I was a child.

I went to New York for the last Jays series in the Bronx. It was my first time and I was nervous at the thought of sitting in the middle of the enemy bleachers.

On my way to the subway, wearing my hat and Bautista jersey, I heard a security guard, with a big voice and one of those fantastic New York accents, yell at me, "Let's go, Yankees!"— and break into a huge smile, and wave.

On the subway, an excited teenager in a Yankees' hat exclaimed in appreciation, "Girl's got her gear on! Got her gear on!"

The Yankees' kindness started with customs officers at Newark who, instead of asking for the details of my trip or anything relevant to national security, noted my cap and engaged me in friendly Jays trivia quiz: How many games ahead are they now?

Well, I said, when I got on the plane it was 2.5, but I don't know if the game's over yet because I haven't been able to check the score. But when I last saw, we'd scored five runs in the first inning and were up five-nothing, sir.

That's right, we haven't been in the playoffs since I was nine and, yes sir, I'm very excited.

I was far from the only Jays fan in New York. The stadium was so full of us when we launched into cheers of "Let's Go Blue Jays," the Yankees fans had to work really hard shouting "Let's Go Yankees!" or "U-S-A!" loud enough to drown us out — then turn around, smile, and chat with us about the game we love again.

So hate the Yankees, not their fans. If you're in Toronto this week, please, be nice to them. They were really nice to me.

On the (New York) subway, wearing my Bautista jersey, an excited teenager in a Yankees' cap exclaimed in appreciation, "Girl's got her gear on! Got her gear on!"

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Your essential daily news

Girls actress Allison Williams weds CollegeHumor co-founder Ricky Van Veen

Emmy favourites are clear

AWARDS

Transparent creator, star honour trans community

Lisa Weidenfeld
Metro | New York

An emotional Uzo Aduba accepts the award for outstanding supporting actress in a drama series for Orange Is The New Black at the Emmy Awards on Sunday, thanking her sister in her speech. Visit Metronews.ca for a full list of winners. THE ASSOCIATED PRESS

Andy Samberg broke into his Emmy-hosting gig with a long number about the sheer amount of scripted programming to watch, in a scripted bit. When it became clear how many shows he hadn't yet seen, he ran into an underground bunker to binge watch. A year later he emerged, unshowered, only to horrify Jon Hamm and Kerry Washington with his stench. Samberg looked a little nervous onstage. More than a few of his jokes fell flat.

Recently single Hamm of Mad Men won the Emmy for lead actor in a drama series, thanking his ex and their dog in his acceptance speech.

Game of Thrones continued its reign, winning writing and directing awards, as well as a nod for Peter Dinklage's acting on the show. He credited the show's writers and George R.R. Martin for giving him good material, as well as co-star Lena Headey for providing inspiration as a scene partner.

The night also featured some big winners for the Amazon show Transparent, which took home both a directing award for creator Jill Soloway and a best actor award for Jeffrey Tambor.

Both of them used the opportunity to speak up for the trans community, with Soloway pointing out that her parent could legally be turned down for renting an apartment in 32 states just for being trans. Tambor, when his moment came up, dedicated the award to the transgender community and thanked them for their patience, courage and stories.

One person who sadly went home empty-handed was Amy Poehler, who didn't end up winning in her final year for Parks and Recreation. Instead the award went to Julia Louis-Dreyfus for the fourth year in a row for Veep. Louis-Dreyfus looked flustered, and jokingly pretended to quote her own show, only to reveal the line "What a great honour it must be for you to honour me tonight" was actually a Donald Trump quote.

An early contender for quickest speech went to Frances McDormand, who, after winning for Olive Kitteridge, said only, "We're all here for the power of a story well told. Sometimes that's enough. Thank you." It wasn't the only victory for Kitteridge, which also took home honours for writing and directing, as well, for Jane Anderson and Lisa Cholodenko, respectively.

Tatiana Maslany, the Internet's favorite actress, also had her moment to shine, in a little taped bit where she used the empty red carpet as a good opportunity to search for some loose change and discarded jewels. She didn't find anything too expensive, but she did get a can of beans, which turned out to be a hot ticket item — she battled with Veep actor Tony Hale for it until they were both dragged out of the place by security.

Another theme of the night was sisterly love: Both Amy Schumer (best sketch series) and Uzo Aduba (best supporting actress) used their speeches to thank a whole list of people, and then finally their siblings, with Schumer giving hers credit for keeping her alive.

Jon Stewart also earned more trips up onto the stage, as The Daily Show picked up some trophies. Stewart described the struggles of life off-screen, complaining that the Emmys were the first time anyone had applauded for him in weeks.

The first award of the night went to Allison Janney, for best supporting actress in a comedy, who immediately tied a record with her win, as she's now the second most honoured actor at the Emmys, alongside Ed Asner. She thanked Chuck Lorre, creator of Mom, for developing such a "flawed character, and immediately thinking of me to play her."

RED CARPET WATCH

Trends: Rock star-esque accents and canary yellow

Taraji P. Henson wowed in a custom lace Alexander Wang gown in black with bike-chain straps, and Amy Schumer stepped up her fashion game in a strapless blue Zac Posen as the Emmys parade of pretty kicked off Sunday in Los Angeles.

Henson paired her edgy look that had a tiny, triangular cutout below the breast with a bob and minimal jewelry. Of the designer, Henson said: "He was my first date to the Met ball so I thought he should shine tonight."

If two is a trend then count Claire Danes with Henson as she, too, went for chunky chain details, her look a purple sequin Prada with gold links at the shoulders and sides.

"It *is* a little rock star-esque," she said.

Kiernan Shipka, a fashion darling who regularly attends New York Fashion Week, wore a Dior Haute Couture cut-off ball gown paired with black wool cigarette pants and simple black pumps.

Joanna Newsom went way outside the box as she walked the red carpet with hubby and the evening's host, Andy Samberg, in a strapless Delpozo creation that had a big beaded oval appliqué on it. She appeared more kicky nun than wow.

Some adored Heidi Klum's Versace confection with one long, flowing sleeve and a skinny strap on the other side. It was adorned with flowers and was sheer to the upper thigh. "I called Donatella (Versace) and I said, 'I have to have this canary yellow dress,' and here it is," Klum explained.

One of the early ladies in dramatic red was Laura Prepon in Christian Siriano. "I always love a train. Any chance I can wear a train, I wear train," she told InStyle the previous day. THE ASSOCIATED PRESS

Laura Prepon in Christian Siriano, Taraji P. Henson in Alexander Wang and Kiernan Shipka in Dior. GETTY IMAGES/THE ASSOCIATED PRESS

Viet Cong vow to change name

INDIE ROCK

Musician Owen Pallett offers his take on the controversy

Nichole Jankowski
Metro | Canada

Viet Cong say they will be changing their name, but don't know when this will happen. "The plan had been to wait until next year, but frankly this was starting to weigh very heavily on the members and the decision was made without all the moving parts in place," said their manager Ian Russell over email. DAVID WALDMA/HANDOUT

On Saturday, Polaris Prize shortlisted band Viet Cong issued a statement on Facebook announcing — belatedly, for many following the controversy — that they would be changing their name.

"Over this time we've been listening, talking and having lots of valuable conversations with the members of the Vietnamese community about the name," it reads. "Through this dialogue and hearing about what the name means to so many people, we have decided we will be changing the name of our band.

"We don't know what the new name of our band will be," they continue, while noting that they "owe it to our fans to honour the concerts we have booked." They will continue to play and promote their music under the same name for the time being. Four members, four voices — it was not an easy decision, they say.

The post, signed "Matt, Mike, Monty and Danny" acknowledges the hurt and painful reminders their name has caused members of the Vietnamese community, but offers no apology.

The statement comes after weeks of maelstrom: Toronto art space Double Double Land's refusal to allow the band to perform in their venue and the false alarm sounded on founder Jon McCurley's wall that the band was going to issue a name change; an article by Hooded Fang's April Aliermo published in Exclaim, which examines racism appropriation in her own community (the Canadian indie music scene), and our willingness to turn a blind eye; a further investigation of the debate in Chart Attack and a rumour that the band might make an announcement at Monday's Polaris Prize gala; and the knowledge that musician Owen Pallett and others may speak up at the ceremony.

Pallett, for his part, became involved only because he couldn't ignore the issue any longer. He sent an email to the band to let them know his take and what was at stake: "I'm going to be on mic at Polaris, there's a lot of other people going to be on mic at Polaris and I can't say nothing about this." He has since decided not to speak up about the issue at tonight's gala. But he's not afraid to make his opinion heard.

"What frustrates me is the apoliticality of the current music scene," Pallett says. "It makes me feel like I am part of a scene that is behind the curve; that is especially insensitive."

This much the band cops to, in a roundabout way, when explaining how they settled on the name in the first place. Last year, in an interview with Impose Magazine, bassist and vocalist Matthew Flegel, 33, explains the name came from Hollywood films depicting Viet Cong as "badasses."

The members, including guitarists Scott Munro, 32, and Daniel Christiansen, 29, said they were ignorant to the history and have since become aware. They have said they get hate mail with every show.

What their critics have found so frustrating is that in light of this new understanding, the band had until now refused to act.

"If they know they're hurting somebody and then they continue to do it, then they're intending to," says McCurley who feels like his voice, along with others in the Vietnamese community, has been marginalized throughout the controversy.

When asked whether he was pleased about the band's announcement, McCurley replied: "I don't mean to say they haven't done anything yet — they have done something. They wrote a nice letter about how they're keeping it for now."

In a statement to Metro, Ian Russell the band's manager, said that the band will not be releasing another album as Viet Cong. But could offer no timeline for the name change.

"The statement issued yesterday contains pretty much everything that the band can say on the topic," he said via email. "They are in pretty uncharted territory and we'll have to figure it out as they go."

No purchase necessary. One entry per person, per day. Contest open to residents of the cities of Vancouver, BC, Calgary and Edmonton, AB, Winnipeg, MB, Toronto and Ottawa, ON, and Halifax, NS, who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. One (1) prize is available to be won, consisting of an organic prize basket. Approximate retail value of each prize is $350 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on Sept 19, 2015 and closes at 11:59 pm ET on September 27, 2015. To enter and for complete contest rules visit www.clubmetro.com

YOUTUBE

Oakley opens up about eating disorder

Emily Laurence
Metro | New York

Tyler Oakley. GETTY IMAGES

Tyler Oakley is one of the funniest guys on YouTube.

Whether he's joking about how to stalk One Direction or throwing the slumber party of your dreams, his humour is a big part of why he racks up millions of views. But now, he's opening up for the first time about something serious: his struggles with an eating disorder.

"Talking about it is really hard because it's something I suppress and work through every day," he tells Seventeen magazine. "And I haven't really talked about body image in videos. I assume when people read this, they'll be like, 'Oh, you're not fat.' That's not what it's about at all. Even when I was the skinniest I'd ever been, I was still not happy."

Oakley is the cover star of the teen magazine's October issue. "With videos, meet and greets, and a million pictures a day, it's definitely a thing that I think about," he says in the cover story. "It's not about clothes fitting. It's not about feeling chubbier than normal. I'd beat myself up over a day that I'm not active. If I'm lazy, then I feel grody."

Oakley has a book coming out next month called Binge, and in it, he makes another startling confession: He was the victim of physical abuse at the hand of an ex-boyfriend, something he says even his mom didn't know about. Now, he admits to being in a much healthier relationship with someone else and is overall doing better physically and mentally. He hopes sharing his story will encourage others to get the help they need, too, he says.

DISCRIMINATION

Evan Rachel Wood speaks up about being bisexual

Hey, happy Bisexual Awareness Week, which is now! And just in case you weren't aware, Evan Rachel Wood is doing what she can to increase visibility, including a lengthy series of tweets about her own experiences being bisexual.

"The reality is that bisexual people face discrimination not only outside of our community, but also from within."

She was even more direct in discussing her own experiences: "I can assure you that whatever 'straight privilege' I sometimes get accused of having gets erased by biphobia," she tweeted. "I still feel like we have to constantly prove ourselves and our worthiness within the community. Point being, it's OK. We do exist. Don't let anyone make you feel unworthy." NED EHRBAR/FOR METRO

Exercise is the anti-aging prescription, says one expert.

Physical activity maintains mobility as you get older.

Make daily exercise a priority. SHUTTERSTOCK IMAGES

It's all about getting up and moving around

Donna Paris
For Metro

The benefits of exercise are well-documented — and you are never too old to start

If you are looking to avoid physical activity, there are loads of excuses — I'm too old. I just don't like it. Or I just prefer TV. Who really needs it anyway? Actually, we all do.

"It's never too late to start and to reap the benefits," said Karin Whalen, director of community services at The Wellness Institute in Winnipeg. "Regular activity at the correct intensity lowers the risk of stroke, certain cancers, Alzheimer's disease, the list goes on."

Add to that the emotional and social benefits and you can see why she is so passionate about physical activity as we age.

"Look at our sedentary lifestyle now. You don't have to go to a store to shop because we can shop online and we don't even have to leave our beds to do it."

It's all about getting up and moving around.

"Exercise is the anti-aging prescription," said Maureen Hagan, vice-president of program innovation at GoodLife Fitness and director of education for Canfitpro in Toronto. "Physical activity maintains mobility, which is one of the key factors in someone being able to live independently as they age."

Her message: Be consistent, that's the key.

You have to make an effort, but there are tools you can use to ensure success:

- Set up a time to walk with someone, for example. "You're less apt to drop out if someone is waiting for you," Whalen said.
- There are a variety of fitness classes available, everything from Zumba to spinning and lots in between. Pick something you like, you are more likely to stick with it.
- Make daily physical exercise a priority and schedule your exercise time.
- Use technology: Set up reminders on your smartphone, get a wearable fitness tracker or a smart watch that tells you when you aren't doing enough activity.
- Think wellness because exercise is only part of the equation as you get older. The unsung heroes are good nutrition, sleep and stress reduction. Meditation or yoga are great ways to enhance well-being.

The good news? It doesn't take much. For adults (18 to 64 years old), the Canadian Society for Exercise Physiology recommends accumulating at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more, to achieve health benefits. It's also beneficial to add muscle and bone strengthening activities using major muscle groups at least two days per week.

But don't let that limit you. If you like it, go for it — more daily physical activity provides greater health benefits.

metro SPORTS
Your essential daily news

Pau Gasol scored 25 points as Spain beat Lithuania 80-63 to regain the Eurobasket title

Alouettes' victory comes straight outta Crompton

CFL

Winnipeg wilt as returning Montreal QB throws two TDs

SUNDAY In Montreal

35	14
ALOUETTES	BOMBERS

There's no talk yet of a quarterback controversy on the Montreal Alouettes but Jonathan Crompton has staked a claim on his old job as the starter.

After missing nine games with a shoulder injury, Crompton threw touchdown passes to Samuel Giguere and S.J. Green as the Alouettes defeated the Winnipeg Blue Bombers 35-14 on Sunday afternoon.

Crompton went down in the opening game of the regular season and rookie Rakeem Cato stepped up in his place. But Cato missed one game while attending to a family matter and didn't return in time to prepare to start against Winnipeg. He got in a few plays at the end of the game, however.

Coach and general manager Jim Popp did not want to think about who will start next Sunday at Saskatchewan.

"Naw, I'll celebrate the win," he said. It was quarterback legend Anthony Calvillo's first game as the play caller since he and Ryan Dinwiddie became co-offensive co-ordinators after Turk Schonert was fired two weeks ago.

Crompton played very much as he did last season, when he took over as starter in August and went 8-2 down the stretch to give Montreal a 9-9 record and a spot in the playoffs. It wasn't spectacular, but the job got done. He completed 14 of 27 passes for 181 yards, with two TDs and two interceptions.

It would make sense for him to start the next game, but Crompton was making no assumptions. "It was one game," he said. "We played well."

Crompton's cause was aided by a strong game from kick returner Stefan Logan, who returned a punt 78 yards for a TD late in the first half and then opened the second half with a career-long 95-yard kickoff return to set up Crompton's eight-yard TD pass to Green.

"When we play tight games against good defences we need top-notch special teams," said Bombers coach Mike O'Shea.

Boris Bede booted four field goals for Montreal (5-6), which has won three of its last four.

The win put Montreal, last in the East Division, one win ahead of West clubs Winnipeg and B.C. in the race for a crossover playoff spot. The Alouettes ended a five-game losing run to the Bombers over the last three seasons, and beat them at home for only the second time in their last seven meetings.

The Alouettes' John Bowman sacks Winnipeg Blue Bombers quarterback Matt Nichols on Sunday in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

> **When we play tight games against good defences we need top-notch special teams.**
> Bombers coach Mike O'Shea

Backup quarterback Brian Brohm scored a touchdown and Lirim Hajrullahu had two field goals for Winnipeg (4-8), which was coming off a win over Saskatchewan but now has a tough test Friday night at home against first-place Calgary. The Bombers have yet to win two in a row this season.

A crowd of 23,262, the largest at Percival Molson Stadium in nearly two years, saw Montreal get field goals on its first two drives. Crompton was picked off by Matt Bucknor late in the first quarter, but Cameron Marshall fumbled it back. Crompton then led a drive capped by a 41-yard TD strike to Giguere.

Nichols, making his second start for the Bombers, went off briefly after a hit from Marc-Olivier Brouillette. On that drive, three Montreal roughing penalties helped Winnipeg move the ball inside the 10, and Brohm carried in from the one with 8:00 left in the game.

THE CANADIAN PRESS

IN BRIEF

Blue Jays can't climb Hill as Red Sox win by one

Pitcher Rich Hill (1-0) was dominant in his second MLB start since 2009 as the Boston Red Sox rallied past the Toronto Blue Jays 4-3 on Sunday afternoon.

Jackie Bradley Jr. drove in Pablo Sandoval with a sacrifice fly for the winning run in the eighth inning.

Dioner Navarro had a home run for Toronto (85-64), while Ben Revere had an RBI single. It was the Blue Jays' second loss in a row. Mark Buehrle pitched six solid innings, giving up eight hits and three runs. Relievers Mark Lowe allowed Sandoval's decisive run for the Red Sox (71-77), but he had reached base with Cecil pitching. Cecil (3-5) earned the loss as a result. THE CANADIAN PRESS

Cowboys lose Romo but sink Murray's Eagles

Tony Romo joined Dez Bryant on the injured list with a broken left collarbone, but the Dallas Cowboys shut down DeMarco Murray and beat the Philadelphia Eagles 20-10 on Sunday.

Kyle Wilber returned a blocked punt 26 yards for touchdown, Brandon Weeden threw a 42-yard touchdown pass to Terrance Williams and the Cowboys (2-0) overcame a franchise-record 18 penalties in their 10th consecutive road win.

Romo will be evaluated on Monday. Dallas already lost Bryant last week.

THE CANADIAN PRESS

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Cook time: 20 minutes

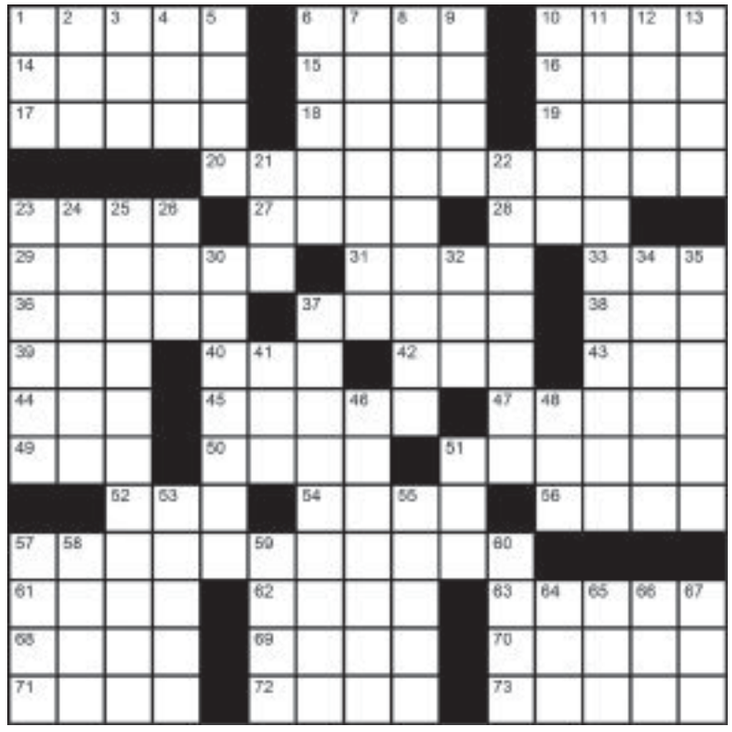
Ingredients
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup semi-sweet chocolate chips
- 1/2 cup chopped crystallized ginger
1/2 cup (1 stick) unsalted butter, room temperature
- 3/4 cup sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 large very ripe bananas, peeled and mashed (about 1 cup mashed)
- 1/2 cup sour cream or plain Greek yogurt

Directions
1. Heat the oven to 350 F. Butter or coat with cooking spray a 9-by-5-inch loaf pan.
2. In a small bowl, mix together the flour, baking soda and salt. Mix in the chocolate and the ginger.
3. In a large bowl, use an electric mixer to beat together the butter and sugar until light and fluffy, about 2 minutes. Beat in the eggs, one at a time, then add the vanilla. Blend in the mashed bananas and sour cream.
4. Switch to a wooden spoon and add the flour mixture in batches to the wet mixture, mixing just until each addition is incorporated. At the end, the batter should be barely blended (it will be thick). Transfer the mixture to the prepared loaf pan. Bake until a toothpick or wooden skewer inserted at the centre comes out clean, 40 to 50 minutes. Cool in the pan on a wire rack for 10 minutes, then turn the loaf out of the pan and finishing cooling upright on the wire rack.

THE ASSOCIATED PRESS

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Monks' superior
6. Decorative pillow cover
10. "_ _ can you..." (American anthem opener)
14. It makes a bride look like a princess
15. The Jackson 5 member
16. passu (Impartially)
17. Defences for castles
18. Sort of saxophone
19. "What _ _ off!" (It's too expensive)
20. British Columbia... Alert Bay, 'Home of the _ _'
23. Seafood fish of Hawaii, when doubled
27. Blood carrier
28. Urn stuff
29. Awkward
31. Guitar great Duane
33. Sidekick
36. TV-advertised knife set brand
37. Angler's basket
38. "_ Fine Day" by The Chiffons
39. Action word suffix
40. Madhouse
42. She's a sheep
43. Mr. Chaney Jr.
44. Celebrity chef Sandra
45. Radiant visions
47. Bud _ (Former MLB Commissioner)
49. Person in command [abbr.]
50. "_ Island" (2008)
51. Actor, Haley Joel _
52. Martini ingredient
54. Hospitals: 'O' in OR, for short
56. Ancient tale
57. Ontario town called 'The Heart of Muskoka'
61. VIP's ride
62. Unique
63. Golfer's selections
68. Household appliance
69. Have _ _ (Know 'somebody')
70. International Court of Justice
71. "Guarding _" (1994) starring Shirley MacLaine
72. Rockies, e.g.
73. Autumn colour

DOWN
1. 24-hr. banker
2. CV of life
3. Farm call
4. Scrap of supper
5. Job
6. Not fresh, at the bakery
7. Having more small mountains
8. Those present
9. Heathered expanse
10. Moonfishies
11. Canadian director who starred on "Road to Avonlea": 2 wds.
12. Seed covering
13. "Egad!"
21. Brick wall foliage
22. Considerably fewer: 2 wds.
23. University in Montreal founded in 1821
24. Like certain skirt styles
25. Movie franchise for Donald Sutherland: 2 wds.
26. AOL exchanges
30. Ms. Collins (Writer of the books on which the flicks at #25-Down are based)
32. Grass' morning blanket
34. Sprinkle with holy oil
35. Distance
37. Locale of the village at #20-Across, _ Island
41. Catherine Deneuve's 'Yes'
46. Bayer product
48. "Almighty Love" by Canadian singer Ms. Gryner
51. Assoc.
53. Desktop symbols
55. Utopias
57. Mark with ink
58. Tear apart
59. Irish author Mr. Stoker (b.1847 - d.1912)
60. Lingering sound
64. Lake: French
65. "Ick."
66. Office, for short
67. Behold

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be a bit behind in your workload, but there is still time to catch up. Make a start right this moment and you will be well on top of things again!

Taurus April 21 - May 21
You have been in tune with the spirit of the times of late but all good things must end and later in the week things could get a bit confusing. Today though, you decide what is the most fun thing you could be doing.

Gemini May 22 - June 21
No one has the right to interfere in your affairs but certain people will continue to do so unless and until you tell them to mind their own business.

Cancer June 22 - July 23
You may be eager to find out what is going on behind the scenes, but don't let others think you are desperate or they will keep you in the dark even more, just for the fun of it.

Leo July 24 - Aug. 23
The Sun remains in the money area of your chart only until Wednesday, so you need to get your act together. There is still time to put your affairs in order and work out how you are going to make up for recent losses.

Virgo Aug. 24 - Sept. 23
Before you accept a promotion of some kind ask yourself if it is what you really desire, because if you change your mind later important people won't be too happy with you. Only ever do what feels comfortable.

Libra Sept. 24 - Oct. 23
There are so many new things you want to do but, for one reason or another, you have not been able to make a start on them. When the Sun enters your sign on Wednesday you will at last get the green light.

Scorpio Oct. 24 - Nov. 22
You won't be in a forgiving mood today, but if you are wise you will bite your tongue and not say anything hurtful. Give them that Scorpio "look" instead — they'll get the message.

Sagittarius Nov. 23 - Dec. 21
Don't worry too much if you are still waiting impatiently for things to happen because what occurs over the next few days will kick-start the rest of your year.

Capricorn Dec. 22 - Jan. 20
Over the coming week you will find that your responsibilities get a bit heavier as loved ones come to rely on you more and employers and other important people add to your workload.

Aquarius Jan. 21 - Feb. 19
Your best course of action now is to be as open and honest as you possibly can be, even if your first instinct is to clam up completely and keep what you know to yourself.

Pisces Feb. 20 - March 20
Recent cosmic activity in your opposite sign of Virgo has just about finished its job of toughening you up emotionally and soon you will be able to focus on more enjoyable things.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Difficulty Level ★★★

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